

THE MENTAL RETARDATION AND DEVELOPMENTAL  
DISABILITIES HEALTH CARE AUTHORITY OF  
JEFFERSON COUNTY, Inc.

In the process of being renamed:

THE JEFFERSON COUNTY INTELLECTUAL AND  
DEVELOPMENTAL DISABILITIES AUTHORITY, Inc.

THREE YEAR PLAN

2009-2011



**THE MENTAL RETARDATION AND DEVELOPMENTAL DISABILITIES  
HEALTHCARE AUTHORITY OF JEFFERSON COUNTY, INC.**

529 Beacon Parkway West, Suite 214  
Birmingham, Alabama 35209  
(205) 945-9310 – FAX (205) 945-8527

**Kimm Eckhoff**  
President

November 25, 2009

**Robert Regulus**  
Vice President

Ms. Acquanetta Knight,  
Director of Policy and Planning  
Alabama Department of Mental Health  
100 N. Union Street Suite 510  
Montgomery, Alabama 36130

**Wayne Dutt**  
Treasurer

**Judy Branin**  
Secretary

RE: Jefferson County Three Year Plan  
2009-2011

**Kimberly Fort**  
Director

Dear Ms. Knight:

**Deborah Hinton**  
Director

Enclosed for your review is a copy of the recently completed Three Year Plan for our 310 Board. The plan has been circulated among stakeholders including those served, those waiting for services and provider agencies. Should you have questions, comments or recommendations, please feel free to call.

**Sylvia Harper**  
Director

**Robert Kracke**  
Director

Sincerely

  
Gary Hendrix  
Interim Executive Director

**Eve Graham**  
Director

**Philip Richards**  
Director

**Jayne M. Ness**  
Director

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**Gary Hendrix**  
Interim Executive Director



## **JEFFERSON COUNTY THREE-YEAR PLAN**

**2009-2011**

### **Board Name:**

The Mental Retardation and Developmental Disabilities Health Care Authority of Jefferson County, Inc. will soon have a new name as follows:

The Jefferson County Intellectual and Developmental Disabilities Authority, Inc.; referenced below as The JCIDDA.

### **County(ies) Served:**

Jefferson County, Alabama

### **Description of Services/Support Provided**

The two primary services delivered by The JCIDDA are Targeted Case Management and Single Point of Entry.

The JCIDDA holds a contract with the Alabama Department of Mental Health for Targeted Case Management for Adults with a primary diagnosis of an Intellectual Disability. In this case, adults are defined as individuals 18 years of age and older. Exceptions are granted to children under the age of 18 who are receiving services under The MRDD Home and Community Based waiver. Case Management is a broad based, multi faceted service including the broad areas of needs assessment, case planning, service arrangement, social support, reassessment/follow-up and monitoring.

The State of Alabama Division of Intellectual Disabilities maintains a statewide waiting list for people waiting for services. On the local level, a 310 Board is designated by that agency to accept referrals, collect the necessary documentation for access to the waiting list and submit same to the applicable Regional Office. For Jefferson County, The JCIDDA is the designated agency for the waiting list and that function is referred to as Single Point of Entry. This function also includes assisting the individuals in moving from the waiting list into services as these services become available. This is accomplished in concert with the Regional Office and applicable Provider agency.

The JCIDDA does not provide direct services such as residential, day or supports. We have an outstanding group of Provider agencies who provide those services including:

The Arc of Jefferson County  
United Cerebral Palsy of Greater Birmingham  
Glenwood, Inc.  
Volunteers of America  
Jefferson-Blount-St. Clair MH/MR Authority  
ResCare Alabama  
PHP of Alabama  
Dungarvin  
Stevens Home Health Care  
Epilepsy Foundation of North and Central Alabama

**Population(s) Served:****Description****Demographics**

Currently, The JCIDDA serves a total of 740 individuals with a primary diagnosis of an Intellectual Disability. Due to the specifications of our contract, approximately 95% are adults, 5% children. That said our population covers all ages, ethnicities and live in neighborhoods throughout Jefferson County. The level of supports required by our population varies greatly from those who need very minimal support to those in need of very intense levels of support in areas such as self care, communication, behavioral issues, mobility and medical issues. Our group includes people with Cerebral Palsy, Autism and Epilepsy.

Many live in supported residential settings operated by one of our fine provider agencies (470 total). Some live independently or with minimal support (18 receive In-Home Supports), and many live with families. Of this group, a total of 273 are on the statewide waiting list for services with another 285 whose applications are in process.

A total of 609 receive day services ranging from Supported Employment, Sheltered Employment, Training and Activity programs. In all an unduplicated total 669 receive some sort of residential, day or support service compared to over 500 on the waiting list or in process.

While our contractually specified population is defined as those having an intellectual disability, this organization strongly supports expansion of this to include all of those with a developmental disability as defined by current federal regulations.

**Mission Statement:**

It is the mission of The Jefferson County Intellectual and Developmental Disabilities Authority to provide for a system of effective and efficient services to the citizens of Jefferson County, Alabama with an intellectual or developmental disability. The system of services endorses the precepts that services shall be person centered and will be individual and/or family driven; shall be provided in the least restrictive setting; shall maximize individual and/or family input; shall use existing support and service delivery systems; shall be result oriented; and shall utilize individual, family, staff, subcontractors, and other external influences as major indicators of quality.

**Vision Statement:**

The ultimate goal of The JCIDDA is for every person with a developmental disability in Jefferson County, Alabama to receive the supports they need in a timely manner by fully trained professionals in a community based setting. There will be no waiting lists.

**Description of Planning Cycle:**

The Executive Director will put together a draft plan based on existing data and information. The draft will then be submitted to the Board of Directors, then other relevant stakeholders for review and comment. Revisions are then made as needed and submitted to the Board for final approval before submitting to the Alabama Department of Mental Health.

## **Planning Cycle Timeframe:**

2009-2011

## **Key Stakeholders & Roles:**

Stakeholders include:

- Consumers receiving or waiting for services-most important
- Family members and legal guardians
- Service Providers for Disabilities throughout Jefferson County
- Public School Systems throughout Jefferson County
- Department of Human Resources
- Municipal Governments
- Jefferson County Legislative Delegation
- Department of Mental Health/ID Division/Region V
- Staff of The JCIDDA

Throughout the planning and implementation process feedback from stakeholders will be sought through surveys, planning meetings and day to day contact. Once the plan is approved copies will be distributed to stakeholders throughout Jefferson County and will be available to the general public on request. It is vitally important decision makers are informed of the profound problem the extensive waiting lists are for consumers and their families in Jefferson County.

## **Method of Needs Assessment:**

Perhaps the most important source of information in this area is Waiting List information generated by the DMH/ID Division/Region V based on information submitted by staff of the JCIDDA. Equally important are internal numbers regarding numbers of incoming referrals per month and number of pending.

Consumer Satisfaction Surveys and Certification Site Visit reviews supply important information for evaluating existing services along with other information such as Incident data and Quality Improvement Reports. Ongoing day to day contact with providers and family members are also an important source of information.

All of this information is reviewed from which Goals and Objectives are developed.

## **Greatest Area(s) of Unmet Needs:**

In Jefferson County, Alabama great unmet needs exist in every area. According to the most recent listing distributed a total of 273 individuals waiting for residential, day or supports. Most people are shown as needing at least two of the three services if not all three. So, clearly there is significant need for services across the board.

Transportation, while not a contract service for our providers is often cited as a need by consumers and providers alike both in meetings and in day to day interaction.

Respite and especially emergency respite is under the general category of supports but is also cited as a need in both conversations and public meetings and bears specific mention as a significant unmet need.

### **Needed Expansions:**

Clearly, all areas are in need of expansion including residential, day and supports.

### **Current Funding Resources:**

Current funding for The JCIDDA comes from a contract for Targeted Case Management with the Alabama Department of Mental Health. As with all programs, the program took a substantial cut during FY 09, which was annualized into FY 10 resulting in reduced funding for the year overall.

### **Future Funding Resources:**

Projections for FY 11 are for cuts in the 10-20% range which could be devastating. The JCIDDA has never been successful in obtaining funding from local governmental entities.

### **Three Goals/Objectives:**

#### **Goal 1: Reduce waiting lists for Day, Residential and Support Services.**

While the grim funding outlook is a major impediment to this effort, this is such an important issue for Jefferson County that we must do all we can to continue to advocate for the hundreds of Jefferson County citizens who are unable to obtain the services they so seriously need.

#### **Goal 2: Continue to cut costs and maintain current levels of service**

In cooperation with local providers and Region V Community Services, The JCIDDA was able to assist in moving over 20 people into new services in a timely manner during the final four months of FY 09. This was accomplished in the face of serious budget reductions which eventually resulted in staff and benefit reductions. For FY 10, we are planning to maintain our current caseload and increase if needed. This has led to increased yet manageable increases in caseloads for staff and they have responded well. Should additional cuts occur for FY 11 as currently projected, maintaining current levels of service will be challenging.

#### **Goal 3: Enhance Case Manager Skills in Person Centered Planning**

While we have an excellent staff here at The JCIDDA, there is always the opportunity for improvement. In upcoming weeks, the Executive Director and Board of Directors will be exploring resources to bring in to assist our staff in enhancing skills in Person Centered service delivery. While we must keep costs in mind we must continue to do what we can to enhance the quality of service we deliver for people with disabilities in Jefferson County.

### **Plan Monitoring & Evaluation:**

Planning and evaluation is always an ongoing process and should occur daily for each employee in their respective role. As to formal evaluation, our CQI Plan calls for a quarterly evaluation of our Case Management and Single Point programs as well as an annual Satisfaction Survey. Our Board of Directors meets monthly to discuss and decide on all issues facing the program at any given time. Externally we are reviewed every one to two years by The Alabama Medicaid Agency and the Alabama Department of Mental Health.